

**ABSTRACT**

A method is provided for dispensing dry micro powdered SAdMe compositions (or SAM or AdoMet), an abbreviation for S-adenosyl-methionine, wherein SAdMe, as active ingredient is contained in an amount effective to achieve its intended purpose, with a membrane permeation enhancer such as lactose. The compound is administered via a conventional dry powder inhaler to deliver said the compound into the subject's respiratory tract in order to enhance prophylactic and therapeutic effects of SAdMe, without the Aid or use of propellants, chlorinated, halogenated, gases, liquids, vapors, aerosol, spray, vaporization, or any other similar devices or delivery methods.